

Newsletter

Dear Parent/Carer,

Thank you for all your messages of support and best wishes that you have sent through to school following the sudden loss of both Kevin Simms and Marie Shanley, these have been very welcome through this difficult time.

I am delighted to let you know that we have appointed Mr Lee Simms to the role of Site Manager, this is a really key role in the school and Mr Lee Simms I know will do a fantastic job. The role was advertised at a national level and had a strong field of candidates. We look forward to working with Lee in his new role.



In the October newsletter I asked you to encourage your child to take part in at least one enrichment or leadership activity, we now have over half of the students in school regularly taking part in at least one activity, over 80% of Year 7 and over 70% of Year 8 are participating. This really is fantastic news. Please do encourage your child to get involved next term. It has also been fantastic to see a few visits taking place this half term including a Year 12 visit to Cambridge University and a theatre trip. It was such a shame the audience for the Christmas Concert needed to be limited to a few staff, I was privileged to attend - it was amazing! We will share some videos of the concert with you as soon as possible.

There have been a number of individual students successes which are detailed in the newsletter, congratulations to Alicia Field and Lone Jackson for their sporting successes and to Eve Connor for winning 2nd prize in a University of Cambridge English Literature competition.

At the end of this very long and busy term I would like to congratulate Years 10, 11, 12 and 13 for all the hard work that is gone into preparing for their exams and the resilience with which they have tackled these. I would like to thank all the staff whose skills, perseverance and hard work ensure that the school is so well looked after and runs so smoothly and the fantastic lessons that are planned and delivered, all ensuring the students have those opportunities to make excellent progress.

Wishing you all a fantastic Christmas break.

Nicola Raggett - Headteacher

DATES FOR YOUR DIARY

- ◆ **Monday 20th December - Monday 3rd January** - Christmas Break
- ◆ **Tuesday 4th January - Year 9, 10, 11, 12 & 13 Return to School** - please see [letter sent home](#) for start times and LFD testing times.
- ◆ **Wednesday 5th January - Year 7 & 8 Return to School** - please see [letter sent home](#) for start times and LFD testing times.
- ◆ **Thursday 13th January** - Year 7 Parents Evening
- ◆ **Thursday 27th January** - Year 10 Parents Evening
- ◆ **Tuesday 1st February** - Year 8 Parents as Partners (invited students only)
- ◆ **Wednesday 2nd February** - Training Day - **School closed to ALL students**
- ◆ **Friday 18th February** - Last day of Half Term
- ◆ **Monday 21st February - Friday 25th February** - Half Term Break
- ◆ **Monday 28th February** - Start of Half Term

EVENTS, TRIPS & CLUBS

INTERFAITH WEEK (14TH - 21ST NOVEMBER)



Every year the RE department marks Interfaith Week to help students and staff develop a greater understanding and appreciation of different faiths; to celebrate the religious and spiritual diversity within the school; and to provide everyone with an opportunity to explore and share their own beliefs. Interfaith Week contributes towards the spiritual, moral, social and cultural development of our pupils, and also reflects the school's active promotion of British Values, particularly mutual respect and tolerance of those with different faiths and beliefs.



This year, representatives of different religions were requested to record a message for our students, with a particular focus on the importance of the 'Golden Rule' in their respective faiths and the positive difference this can make in society.

The videos were shared in RE lessons across year groups and provided opportunities for students to reflect and discuss their own versions of the 'Golden Rule'. We are very thankful to the faith representatives for their very valuable and inspiring contributions.

The videos can be viewed on the school's YouTube channel by clicking on the links below:

Buddhism: Gen Kelsang Leksang - Resident Teacher, Kadampa Buddhist Centre

<https://youtu.be/0UwXrILt5Y>

Christianity: Doug Sambuuzé – Youth Minister, Rowheath Pavilion Church

<https://youtu.be/6-p4MaCrGlk>

Hinduism (Sanatana Dharma): Vandna Dey – Head of Education and Pluralism, West Midlands Hindu Forum

https://youtu.be/0oYW0RCvC_c

Islam: Maulana Humayon Jahangeerkhan - Imam, Baitul Ghaffar Mosque (Ahmadiyya Muslim Community)

<https://youtu.be/q938jtka47g>

Judaism: Rabbi Dr Margaret Jacobi - Rabbi, Birmingham Progressive Synagogue

<https://youtu.be/JTORGRlcYGI>

Mr W Ahmedi - Head of RE

CHILDREN IN NEED FUNDRAISING

We had an amazing Children in Need fundraising day on Friday 19th November 2021. Students were so generous in donating and baking delicious cakes. Our bake sale was so busy that we sold everything! The students took part in an epic 'Just Dance' at lunchtime and the atmosphere was amazing. Students danced along to some very well known tunes.



Thank you to everyone for helping organise the event and taking part. It truly showed the kindness and community spirit at KNGS. We raised a total of: £1063.52.

Mrs Bi



Opening a World of Opportunities

HALLOWEEN SCIENCE CLUB



It was absolutely fantastic to have the return of our termly themed Science Club. This October we had eerie glow-in-the-dark goo, screaming jelly babies, a jack-o'-lantern oozing brains, heart-stopping sense boxes, and 2-metre-high balls of fire thrilling over 30 of our Year 7 science students at our Halloween Science Club.



Our Year 11 students did a wonderful job transforming two of our science labs into spooky haunts and then they were excellent role models as they supported our Year 7's in their quest to make glow-in-the-dark goo, and to survive the creepy sense boxes. All of the students that attended showed great enthusiasm, and were eager to learn and explore. Thank you to everyone involved and we look forward to seeing you at science events in the future.

Ms Davies

YEAR 7 SPELLING BEE

Students in Year 7 recently took part in the Inter-house Spelling Bee. Representing their houses in teams, competitors bravely put their spelling skills to the test, supported by a very enthusiastic audience. Students also helped to organise and run the event, with our dedicated team of English Ambassadors taking on the important job of pronouncing the words, listening for spelling errors and recording scores, and Year 7 pupils creating bunting flags with supportive messages for their house teams. The audience members played a valuable role in the contest as they created a fantastic atmosphere, alternating quiet concentration with celebratory clapping.



All of the competitors did very well, with every pupil managing to spell some challenging words correctly, undaunted by the pressures of being on stage. As the competition progressed, the words became trickier and the tension began to build; in a nailbiting finale, the gold medal was ultimately taken by Inas Arafa of Goodall House, with Summer Lakin, of Sharman, awarded silver and Eleanor Hodson, of Keller, achieving bronze. Goodall took the prize for the highest-scoring house overall, with a team total of twenty-six words spelled correctly. Well done to all involved!

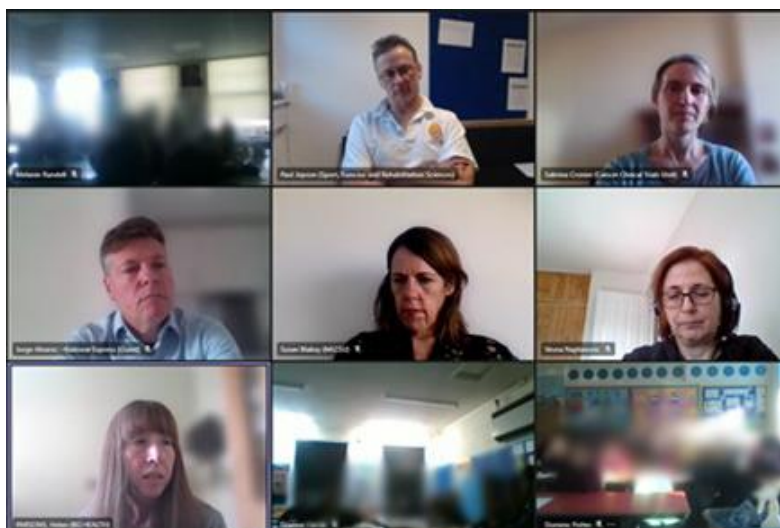
Dr O'Mahony, English

CAREERS FORUM

On 17th November we held our online careers' forum for Years 7-12. We had such an overwhelming response to the request for support from our parent and carer community that we were able to separate it into different forums for different age groups. Our careers advisor, Mrs Edwards, hosted two whilst careers lead, Mr Charlett, hosted the other two.

Our panels were made up of representatives from across the public and private sector, spanning sectors such as finance, healthcare, research, education and even gemmology. We will be holding similar events later in the year, so if any other parents or carers would be willing to get involved, please contact Mr Charlett. We would be especially interested in representation from the arts and trades such as plumbing and hair and beauty. The students found the insights and experiences of our guests informative and inspiring. We are so grateful to the speakers who gave up their time to show our students the 'world of opportunities' that exists beyond KNKS and Sixth Form.

Mr Charlett



[Opening a World of Opportunities](#)

YEAR 12 VISIT TO NEWNHAM COLLEGE, UNIVERSITY OF CAMBRIDGE

On Friday 19th November, twelve Year 12 students were taken on a visit to the University of Cambridge by teachers Mr Abelson and Mrs Mistry. This trip was organised by the University of Cambridge as a way of showing students what studying at the Universities of Oxford and Cambridge is like. The day consisted of a tour of Newnham College (including their very impressive library), a sample lecture on motivation while learning a second language and presentations on how to apply and ways to support your application. The day was filled with opportunities to meet current university students from a variety of years and subjects and finished with a Q & A session.



Our KNGS students were a real credit to the school, and the university organiser noted how engaged and intelligent the questions our students asked were.

As well as giving all who went the opportunity to eat a really tasty lunch (not a single brownie was left behind!), we were able to explore and understand both the demands and rewards of studying at a highly academically selective institution.

Mrs Mistry

BLOOD BROTHERS

On Thursday 4th November we went on a school trip to the Hippodrome Theatre to watch the thrilling, exceptional musical Blood Brothers! Not only was the musical phenomenal but it was a privilege to finally be able to go on a school trip after all the difficult circumstances of last year and this year.

We caught the train and arrived at New Street Station and after much walking around in circles, we finally found ourselves at the Hippodrome. We took our seats as the performance commenced, the touching story unfolded right in front of our eyes. The story enabled many of us to gain a better understanding of musical theatre and the wonders of it. Although emotions ran very high towards the end of the play, we all thoroughly enjoyed the jaw-dropping musical. It was truly a great trip!



Written by Iman Aulaiwi - Year 10

LANGUAGES IN ACTION

It is starting to feel like Christmas, at least in our lunch time Christmas in Vienna club. Monday 22nd November was all about Christmas 'gonks'. We transformed socks with the help of rice, furry fabric and some imagination into these happy little gnomes.

You may want to try and make these at home! You can make your own sock gonk by following the instructions below:

Materials: two different single socks, two elastics, glue gun, rice, filling material, small piece of fur fabric, optional decorations.

Instructions:

- Fill one sock with rice.
- Grab front of sock to shape a nose, secure with elastic.
- Cut heel of second sock and fill with filling material to shape a hat.
- Use glue gun to stick on hat just above the nose and the beard underneath.
- Add decorations like bells, bows, scarves.

Over the next three weeks we are going to make Christmas stars and find out about Austrian Christmas traditions.

Frohe Weihnachten from the MFL Department.

[Opening a World of Opportunities](#)



KNGS STUDENTS HELP CREATE CONNECTIONS

On Tuesday 23rd November, a selection of our GCSE and A Level students took part in a young people's panel discussion about religion and the media.

The event 'Creating Connections' was organised by the Religion Media Centre and took place at The Exchange in Birmingham city centre. It brought together journalists and faith groups from the West Midlands to explore the role and impact of print, broadcast and digital media in the reporting of religions and beliefs.

The discussion was conducted by journalist and broadcaster Roger Bolton and included questions such as:

- *Which media do young people trust?*
- *How well are religions represented in the news?*
- *What issues are important to young people today?*
- *How can social media be better utilised by news organisations to attract a younger audience?*

Representing KNGS were Sage Heidartasooji (Year 11), Azka Hashmi (Year 11), Hannah Le Tissier (Year 12), Indiana Curtis-Harvey (Year 13) and Leah Goddard (Year 13).

They gave very mature, articulate responses which greatly impressed everyone in the room. Many came up to the girls afterwards to commend them for their contributions. Gary Newby from ITV Central News said he picked up some very useful tips from the discussion, and a former student at Kings Norton Girls' School from the Jewish community tweeted:



Benita Wishart
@BenitaWishart

Great to have a view from young people tonight teaching us about social media. Much more articulate than when I was a @KNGSLife student!

<https://twitter.com/BenitaWishart/status/1463204902252036104>



Religion Media Centre
@RelMedCentre

"Social channels like #TikTok can be an echo chamber - do your own research!"

A great line up for our panel discussion on religion, #youth & social media with representatives from @unibirmingham & @KNGSLife for #CreatingConnections21



<https://twitter.com/RelMedCentre/status/1463202521401499654>

Well done to the girls for being such a credit to the school!

Mr W Ahmedi - Head of RE

CHRISTMAS CONCERT

This half term in the Music Department students and staff have been working extremely hard in the hope of putting on a public Christmas Concert. Unfortunately this wasn't to be, but rather than cancel the performances entirely we decided to film all of the performances in front of an audience of staff after school on 14th December. It was a real success - the students stepped up and all of them performed brilliantly and were a credit to themselves and the school! Staff thoroughly enjoyed watching the concert and many said afterwards how



much it put them in the Christmas spirit!

All items in the concert were filmed and details of how you can access these videos will follow in the New Year.

The Music Department wishes you a very Merry Christmas and a Happy New Year!



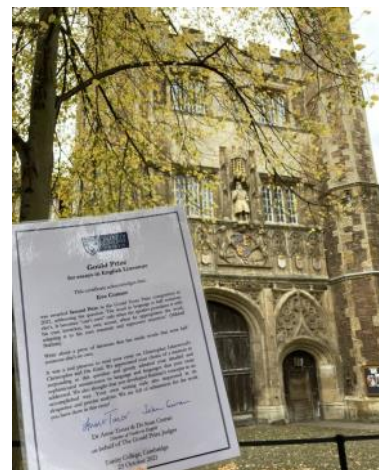
Mr Gell

SUCCESSSES

SIXTH FORMER CELEBRATES UNIVERSITY OF CAMBRIDGE COMPETITION WIN

Following our celebration in the last newsletter, Sixth Form Student, **Eve Connor**, (Year 13) visited Trinity College, University of Cambridge in November to collect her certificate and prize, after winning second prize in the 'Gould Prize for Essays in English Literature' competition.

At the celebration event Eve ate lunch in the dining hall alongside the current students, whilst sitting opposite a portrait of Lord Byron. Afterwards Eve was presented with her certificate and prize in one of the lecture halls, followed by tea and cake and a tour of the college grounds by two undergraduates.



Well done Eve - very well deserved!

KNGS SPORTING CHAMPIONS

At KNGS we have British Champions in our midst!

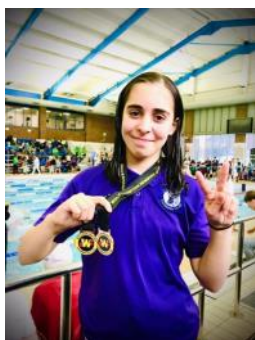


Ione Jackson (Year 8) took part in the Taekwondo British Championships competition on the Saturday 20th November and won Gold in sparring (Girls Blue lightweight division) making her a British Champion in this division!

In addition, following her recent success at the British Tumbling Championships (celebrated in the October newsletter), **Alicia Field (Year 9)** has gone on to finish in Bronze position at the

World Tumbling Championships in Baku Azerbaijan!

A huge well done to **Ione and Alicia** on these amazing achievements - we are all super proud of both of you!



Amelie Zarifeh (Year 8) recently participated in the Wolverhampton Swimming Club Winter Open 2021. During the gala, Amelie won two bronze medals and achieved county times in the following events:

- 100m breaststroke
- 100m freestyle

Well done Amelie!

NETBALL UPDATE

Four teams have been competing in the Kings Norton Netball League. The results so far:



Senior Division 1 (Yr 10 & 11)		
Team	Date	Result
KE Five Ways	Tuesday 12th October	Won 23-10
KE Camp Hill Girls	Wednesday 20th October	Won 20-9
Bishop Challoner	Tuesday 16th November	Won 20-14
St Thomas Aquinas	Tuesday 30th November	Won 22-11

Year 9 Division 1		
Team	Date	Result
KE Five Ways	Tuesday 12th October	Lost 13-15
KE Camp Hill Girls	Wednesday 20th October	Lost 10-11
St Thomas Aquinas	Tuesday 30th November	Won 39-1

Year 8 Division 1		
Team	Date	Result
UOB	Tuesday 19th October	Won 18-1
KE Five Ways	Thursday 18th November	Lost 4-19

Year 7 Division 1		
Team	Date	Result
KE Five Ways	Thursday 18th November	Lost 1-9

BLUE PETER CLIMATE CHALLENGE

Recently some Year 8 students took part in the Blue Peter Climate Challenge to gain their Green Badges. This included a 6-week challenge to reduce water usage, ensuring lights and electrical equipment is turned off when not in use and making sure that everything that could be recycled in their homes had been recycled.



All the students who took part made a positive impact on our environment during the challenge and many continue to follow these changes! Well done to **Year 8 Students Mikayla, Lily Rose, Leah, Lexie, Daisy, Bethan, Rebecca, Fasiha, Rachel, Georgina, Rose and Amelie Z.**

A big shout out to **Amelie A** for asking our form to rise to the challenge in the first place. You are all super stars! Enjoy your blue badges and passes!

Mr Willis

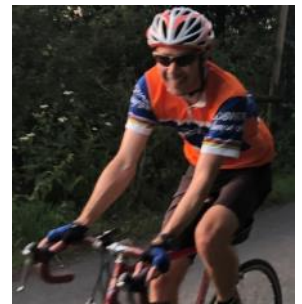
MR PAGE'S - FUNDRAISING FOR ACORNS CHILDREN'S HOSPICE

Our Network Manager, Mr Page is nearing the end of his year long charity challenge to raise money for Acorns Children's Hospice. He has completed over 1870 miles and with one month to go is determined to reach his goal of 2021 miles.

Well done Mr Page - you are almost there and we know you can do it!

To read more about the challenge, his story and to support him please visit:

<https://www.givepenny.com/danpageacorns2021cyclingchallenge>



STUDENT LEADERSHIP GROUP

SLG have been working hard over the past 8 weeks to develop a range of activities and events for our sustainability project. This project has been developed and led by our Head Students: Simran, Marios and Florentina.

After Christmas, the student body can look forward to tree planting, environmental clean-up and resource recycling events that will encourage our students to think about their impact on the environment and make their lives more sustainable.

The Year 10 students have put together a fabulous assembly which will outline how to get involved in all these projects. They will present this at the start of the second week of term.

Mr Houston



PRAISE

We would like to celebrate and congratulate the students that have received 'Student of the Week' awards over the last half term:

Year 7: Eleanor Hodson, Ellie Smith, Isla Cliff, Ava Parsons & Alesha Robinson.

Year 8: Emma Caldwell & Amelie Zarifeh.

Year 9: Sophie Bayliss, Jessica Barnett, Sofia Trujillo, Rebekah Niclasen, Alicia Fields & Marianne de Wildt.

Year 10: Callista Lui, Lois Tromans, Zara Rahbar-Cadar & Ellen Berry.

Year 11: Olivia Parmar, Eve Godsall, Abi Hunter, Roopinder Bains, Susie Catling & Leigha Bagley.

In addition we would like to also like to congratulate the following students on receiving the 'Headteachers Award' this term for demonstrating our school values:

Respect: Sophie Ryde (Year 8), Anwen Evan (Year 7), Ellie Harrison (Year 9), Grace Singleton (Year 8), Katie Chatterton (Year 8), Alba Smith-Penna (Year 8), Amy Ashby (Year 10), Sian harris (Year 11), Eva O'Sullivan (Year 9), Evie Cann (Year 8), Diya Bhatt (Year 7), Ellie May Miller (Year 9), Chloe Renshaw-Asienne (Year 7), Isla Cliffe (Year 7), Alice Cockcroft (Year 13) & Sianne Parma (Year 13).

Courage: Leigha Bagley (Year 11), Joely Matthews (Year 11), Frejya Short (Year 11), Leo Valentine (Year 11), Sophie Baylis (Year 9), Emma Caldwell (Year 8) & Phoebe Portefaix (Year 11).

Flourish: Haalah Sultan (Year 11), Maddie Rogers-Yates (Year 11), Olivia Hedges (Year 11), Daisie Williams (Year 11), Ffion Grace (Year 11), Grace Harper (Year 10), Daisy Yorke (Year 10), Lois Tromans (Year 10), Carla Gause (Year 10), Hilda Baker (Year 10), Chloe Burfitt (Year 9), Elysia Malpas (Year 9), Ellie May Miller (Year 9), Millicent Smith (Year 9) & Jessica Locke (Year 9).

Flourish & Courage: Jessica Deeks (Year 12).

SIXTH FORM NEWS

UCAS APPLICATIONS

Many of our students are already in receipt of offers with 66 applications already sent. For those still working on applications, they do need to be with UCAS by 26th January. We wish all of our students lots of luck with their applications.

PARENTS EVENING

Thank you to those who were able to attend the evening, and were able to gain feedback regarding how your child is progressing in their studies. We hope you found the evening an informative and positive experience.

INTERNAL ASSESSMENTS

Year 12 and Year 13 have sat their internal assessments and we are really pleased with how they have approached them. For both year groups the pandemic has meant that opportunities to sit exams in structured was has been limited and we hope that this exam period has given students the opportunity to reflect on their learning for future assessments and final examinations.

YEAR 11 APPLICATIONS TO SIXTH FORM

The deadline has now passed for internal applications to our Sixth Form. We are delighted to have had 108 applications from our current Year 11 students. We have looked through the applications and students should be receiving offers before Christmas. Any student who has started an application but not submitted it is encouraged to do so as soon as possible before the deadline for external applications on 21 January 2022.

CATERING SURVEY - FEEDBACK

Thank to those of you who completed the recent Catering Survey, your feedback is being used in the tender exercise we are going through to renew our catering contract.

Whilst we are unable to provide feedback on an individual basis, I wanted to provide you with responses to some of the key themes raised in the survey.

THE POSITIVES

A number of stakeholders are very pleased with the provision and quality of food and the Aspens staff are well liked. Thanks to those of you who took the time to say such lovely things.

THE KEY CONCERN

Price

This was raised by all stakeholders, often comparing prices to those found in supermarkets. I would like to take the opportunity to clarify that Aspens, nor any other caterer, are unable to compete with national supermarket chain prices; they simply do not have that sort of buying power. The school canteen needs to be compared to a café style provision and consider them against settings such as Costa Coffee, Greggs. By doing this, you can see the value in the offer from school catering; £2.60 for a hot main meal, dessert and drink is very competitive against high street providers.

Some parents were concerned about how much their child was spending on a daily basis. Please note that you can set a daily spend limit for your child via ParentPay who will be able to help via their support pages.

You can also set up alerts to ensure that your child always has funds available in their ParentPay account, this can be done through your Prent Pay account, going to Communication and then to alert settings, You can set a threshold on this page so that you get a free email to remind you top up!

OTHER CONCERNS

Range/options

Students can see the menu in advance by checking out the KNSG website <https://www.kngs.co.uk/parents/healthy-eating/> this may help to decide on whether a hot or cold meal will be selected on the relevant day. The latest price list is also available via this link.

Sixth Formers felt that there should be more options available in the Common Room to be more in line with the main canteen, the catering facilities in the Common Room prevent us from offering this at this time but Sixth Formers are able to access the main canteen and can head down there from 1pm to purchase meals should they wish to.

Every day, there is a vegetarian option so for those students wishing to reduce their meat intake, the choice is available every day at KNGS. Ask staff for more details.

Every month, Aspens offer a special event menu. This ranges from Vegan to Asian cuisine, to US treats and Indian flavours. Students need to keep an eye out on the big screens in the canteen for such events.

Finally, Halal options are available in the canteen and have been for some time, if students are in doubt then they just need to ask a member of Aspens staff who will be happy to help.

Healthy options

Did you know that Aspens cook from scratch most items served at KNGS? We have a fully functioning catering kitchen and Aspens adhere to the healthy eating standards as set out by the UK Government <https://www.gov.uk/school-meals-healthy-eating-standards>.

Main meal and pasta sauces contain hidden vegetables, cakes contain carrot and beetroot for natural colouring and the pizza sauce is home-made!



Sustainability

Aspens work to reduce packaging and food waste, however, they have to operate within the confines of the recycling abilities of the school. Currently, our refuse collectors only recycle paper and card so it is very difficult for Aspens to do much more than they do currently. The school is looking at this and, if we can increase the waste that we recycle, then we will.

Availability & Queues

Demand for the school canteen has increased since we returned in September 2021 and Aspens have responded well to this reviewing purchase patterns and wastage regularly. We cannot promise that we will always have what each individual student prefers (we can't cook to order) but we can promise something.

COVID 19 continues to impact the catering part of school as it does the staff and students and we have had to regularly close the cold food bar due to staffing levels. In the new year we are looking to open this back up so that there are separate queues for hot and cold food. We hope that this will help to reduce waiting times to be served.

Thank you for taking the time to read this, I do hope it has answered some of the key themes raised from the survey. Aspens staff are here to help with any other queries and are happy to get feedback directly from the students too so please do that!

Mrs Skinner - Business Manager

DROP OFF & PICK UP AT KNKS

The majority of parents continue to support us in keeping KNKS students safe by driving and parking in a safe and responsible manner.

Unfortunately, there are some parents/carers/family members that continue to stop on the yellow lines (zig zag and single lines), block our neighbours' driveways and carry out dangerous turning manoeuvres in the road. All of this in spite of being asked politely by school staff not to do so.

As a reminder the Highway Code, <https://www.highwaycodeuk.co.uk/parking.html> section 243 states:

- **DO NOT** stop or park: near a school entrance,
- opposite another parked vehicle,
- where the kerb has been lowered to help wheelchair users and powered mobility vehicles,
- in front of an entrance to a property.



We have also received complaints from our neighbours relating to idling engines. Whilst waiting for students please can you support local residents and school in protecting the environment by turning your engines off whilst waiting to collect students.

Rule 123 of the Highway Code, states:

"You must not leave a vehicle's engine running unnecessarily while that vehicle is stationary on a public road."

Doing this can incur a £20 fixed-penalty fine under the Road Traffic (Vehicle Emissions) Regulations 2002, rising to £40 if unpaid within the required timeframe.

There are over a thousand students entering and leaving the site on a daily basis, please don't put them at risk just because you want to save a few seconds.

Drive, stop and park responsibly.

Mrs Skinner - Business Manager

Pause.

**Need someone to talk to?
Struggling to cope with feelings?
We're here for you.**

Pause can help, we listen and help you find solutions – no referrals or long waits, you choose when and how to use our service. Pause supports anyone under the age of 25 with a Birmingham GP via phone, video call or face to face session.

**To find out more and register for support, visit:
<https://forwardthinkingbirmingham.nhs.uk/pause>
or call our Registration Line **0207 841 4470**
(please note local call charges do apply).**

Drop-in sessions will be offered around the Birmingham area, not just in City Centre. For up to date locations, visit our website for more information.

Pause can offer:

- **A non-judgemental listening ear.**
- **Self-help strategies, skills for managing difficult situations and feelings.**
- **Detail of other support services that can help.**

Each session last around 20-30 minutes which focuses on ways forward.

Our Service Operates:

- **Monday, Wednesday, Thursday, Fridays - 10am-6pm**
- **Tuesdays 12pm-8pm**
- **Saturdays 10am-5pm**
- **We are Closed Sundays & Bank Holidays.**



**The
Children's
Society**

Pause. Christmas Opening Times

Mon 20th December 2021 - 10am-6pm
Tue 21st December 2021 - 12pm-8pm
Wed 22nd December 2021 - 10am-6pm
Thu 23rd December 2021 - 10am-6pm
Fri 24th December 2021 - 11am-4pm
Sat 25th December 2021 - Closed
Sun 26th December 2021 - Closed
Mon 27th December 2021 - Closed
Tue 28th December 2021 - 11am-4pm

Wed 29th December 2021 - 10am-5pm
Thu 30th December 2021 - 10am-5pm
Fri 31st December 2021 - 11am-4pm
Sat 1st January 2022 - Closed
Sun 2nd January 2022 - Closed
Mon 3rd January 2022 - 11am-4pm
Tue 4th January 2022 - 12pm-8pm

Normal operating hours from Wed 5th January 2022 onwards.

Please note that we won't be operating arranged Face to Face drop-ins during these periods.

 <https://forwardthinkingbirmingham.nhs.uk/pause>

Pause.

ForwardThinking
Birmingham



“I was feeling lost and stuck and did not know how to support my child which is heart breaking. Having Pause to turn to has lifted the fog and I feel less alone with it. “



The
Children's
Society

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